

## Why Is Safe Sleep Needed in Child Care?

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According to the American Academy of Pediatrics (AAP), more than 3,500 babies in the U.S. perish suddenly and unexpectedly every year while sleeping, often due to Sudden Infant Death Syndrome (SIDS).

Infants are some of the most vulnerable and fragile clients in our licensed facilities. Tragically, in the last five years, there have been 43 sleep related deaths in California child care facilities. Thus far in 2019, we have already experienced multiple infant deaths within varied child care environments.

## Bare is Best



Resources can be found on our website at: <http://www.cdss.ca.gov/inforesources/Child-Care-Licensing/Public-Information-and-Resources/Safe-Sleep>

Full proposed Safe Sleep Regulations, ORD No. 0318-03 can be found under post - hearing at: <http://www.cdss.ca.gov/inforesources/Letters-Regulations/Legislation-and-Regulations/CDSS-Regulation-Changes-In-Process-and-Completed-Regulations>

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## Safe Sleep in Child Care

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An abridged guide to Child Care Licensing's proposed Safe Sleep regulations for child care facilities.



## Safe Sleep Regulations

CDSS utilized the California SIDS Program, American Academy of Pediatrics, and Caring for Our Children National Health and Safety Performance Standards to develop new proposed requirements and strengthen existing requirements to reduce risk of unsafe sleeping environments.

These regulations will support the importance of preventative measures in child care facilities, lowering the risk of SIDS, and requiring safe sleep environments and practices for infants in care.

### NEW PROPOSED SAFE SLEEP REGULATIONS

- Infants 12 months or younger must be placed on their backs to sleep.
- Cribs will be free from all loose articles and objects.
- Each infant, age 12 months or younger, will have an infant sleeping plan on file, which will cover the infant's sleeping habits, usual environments, and the infants rolling abilities.
- Mattresses must be firm and include a tight-fitted sheet.
- Infants must not be forced to sleep, stay awake, or stay in the sleeping area.
- Infants must not be swaddled while in care.
- The infant's head must not be covered while sleeping.

- If an infant falls asleep before being placed in a crib, the licensee must move the infant to a crib as soon as possible.
- All pacifiers must not have anything attached to them.
- While infants are sleeping, the caregiver will check for labored breathing, signs of overheating, flushed skin, increase in body temperature, and restlessness.

#### Family Child Care Home Specific Requirements

- The provider must have one crib or play yard for each infant in care
- Licensees shall check on infants every 15 minutes and doors to separate rooms shall remain open to allow visual observation.
- Car seats will only be used for transportation and must not be used for sleeping.